



Butter Poached Shad Roe

Serves 6

Ingredients

- 3 pairs of Shad Roe
- Salt and Pepper to taste
- 6 Tbsp. Butter
- 1 Tsp. Lemon Juice
- 1/4 cup Parsley, chopped
- Lemon Wedges

Directions

- Wipe the shad roe with a damp cloth and sprinkle them with salt and pepper.
- Prick them all over with a needle or a pin.
- Melt the butter in a heavy skillet and add the shad roe.
- Cook over low heat for about 10-15 minutes until a delicate brown, turning once.
- Remove the roe to a warm platter.
- Add lemon juice to the pan drippings and pour over the roe.
- Sprinkle with chopped parsley and serve with lemon wedges.